

The Signature

Sigonella, Sicily

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TOP STORIES

Mmilitary forces from ten allied countries converged here today to begin MEDSHARK/ Majestic Eagle 04 (MS/ ME04), a multinational exercise involving more than 20,000 personnel, 30 ships, and nearly 150 aircraft.

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For over 20 years, the Catania Jazz Festival has been bringing to Sicily the finest jazz bands and musicians such as Dizzie Gillespie, Scott Henderson, Bill Codham, Pat Metheny, Dee Dee Bridgewater and others.

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As Sailors, we should always be aware of how we present ourselves, especially during off-duty hours. Consider this situation: you walk by a restaurant/pub, and you see an officer and a couple of petty officers sitting together drinking. What do you conclude from this? Is this fraternization, or could it be a hail and fair well party, with the rest of the division present?

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Great news for Sigonella's youngest residents! Our Child Development Center (CDC) has successfully earned its re-accreditation through the National Association for the Education of Young Children (NAEYC).

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Heroism during WWII remembered at Ponte Dirillo

Story and Photos by
JO2 Steve Weaver
Staff Writer

On July 9, Naval Computer and Telecommunication Station (NAVCOMTELSTA) based at Naval Air Station Sigonella, Sicily, hosted a ceremony to remember 39 servicemen who lost their lives during World War II in Ponte Dirillo, Sicily.

The ceremony was held at the site of the memorial which is inscribed with the names of those of the American 82nd Airborne Division who lost their lives and carries the division's double "A" insignia, which stands for "All American" due to the division having members from all 50 states in the U.S.

Members of NAS Sigonella and mayors of the nearby Sicilian towns of Niscemi and Gela gave speeches honoring the events that took place. NAS Sigonella Commanding Officer Capt. Joe Stuyvesant and CMDCM (SW/AW) Mark Mace, NAVCOMTELSTA Command Master Chief, laid a wreath near the memorial, which sits beneath three still-visible German "pillbox" gun emplacements.

A battalion of the 505th Combat Parachute Team of the 82nd Airborne Division landed on the very site 61 years ago during Operation Husky, the allied invasion of Sicily, which was the largest amphibious operation of World War II in terms of size of the landing zone and the number of divisions put ashore.

The paratroopers were forced to drop in gale-force winds and found themselves amidst the three pillboxes in Ponte Dirillo, which was important due to



The outstretched flag waves gently in the breeze near the memorial which lists the names of the 39 servicemen who lost their lives in Ponte Dirillo, Sicily, 61 years ago. Sailors, Airmen, family members, Italian officials and others gathered at the memorial to honor the members of the 82nd Airborne Division who made the ultimate sacrifice.

the fact that it held a main road between Siracusa, Sicily, and Gela. After fierce fighting that saw the loss of the 39 men, the Italian and German troops were driven out.

"This monument commemorates the heroism of those 39 Americans who died in combat here 61 years ago," said Cmdr. Pamela Wynfield, NAVCOMTELSTA commanding officer. "It was through their courage and self sacrifice as it was with so many others on so many other battlefields that victory in Europe was ultimately achieved. Let us hope that we will never forget the meaning of those who fought and died here, that it will

serve as a reminder to ourselves and to future generations."

During the ceremony, a former member of the 82nd Airborne Division, John Hoffpauir, read the roster of those who gave their lives. After reading the list, he only had one word to add, "Airborne!"

"Still vivid in the Niscemi's people's memories is the sacrifice of those among the brave American men and women who fought in Sicily and gave their lives for Italy's freedom from the fascist dictatorship that had dragged our country into a crazy war," said Prefect Dr. Paolo Guglielmo, acting mayor of Niscemi. "These young American soldiers defended the ideals of freedom and democracy upon which western civilization was founded."

"We give to thanks to the American soldiers who fought and died for our liberation, an event that changed the history of our country," said Dr. Rosario Crocetta, mayor of Gela.

"We give to thanks to the American soldiers who fought and died for our liberation, an event that changed the history of our country," said Dr. Rosario Ponte Dirillo, page 11



Capt. Joe Stuyvesant, NAS Sigonella commanding officer, and CMDCM (SW/AW) Mark Mace, NAVCOMTELSTA command master chief, salute during the playing of Taps after placing a wreath on the monument in Ponte Dirillo.

Club to send Sigonellans flying sky high

Story and Photos by JO2 Steve Weaver
Staff Writer

Those at Naval Air Station Sigonella who would like to see the island of Sicily from a new vantage point – from the sky looking down – may soon have their chance.

A Navy flying club is in the works that will allow servicemen, DoD sponsored civilians and NATO forces to obtain a private pilot's license.

AM1 John Childers, a Sailor with Helicopter Support Squadron Four (HC-4) who will head up the club, said there were two reasons he wanted to start the club. "One of them is to promote aircraft knowledge and additional civilian ratings that deal with the aviation industry. The other one is to give these junior guys who are stuck in the barracks another avenue to channel their energies in a positive direction. Not only is it going to help them, it's going to help the Navy."

The club is in its beginning stages, but already has the essential ingredient it needs to get the club "off the ground," a Cessna 172 Skyhawk II, which now needs some work to get it flying. The plane, obtained in pieces from Bahrain, is now being used by students of Embry Riddle Aeronautical University to practice their classwork in an Airframe and Powerplants (A&P) course, which is taught by Childers.

The club will work in conjunction with the Computer Assisted Club, page 12



A Cessna 172 Skyhawk sits on an unused portion of the NAS Sigonella flight line. The plane will be used to help future pilots get their wings.



Direct Line

**Capt. Joe Stuyvesant
NASSIG
Commanding Officer**

We have had nearly 350 traffic accidents this year. In 2003, NAS Sigonella personnel experienced 751 accidents. Even during my first week on the job as your Commanding Officer, we had 19 accidents most of which were Americans hitting Americans. I find this just amazing that we can be so careless and apathetic in our driving behaviors. Remember, we are Americans living in a foreign country and we must obey their laws and regulations.

We have to do better! We owe it to ourselves to pay attention when we are driving and to drive defensively. Our insurance rates are the highest around just due to the fact we have more traffic accidents than any other military population.

I am asking everyone to do his or her part in helping me solve this problem. If you drive, please drive slow and buckle up. The speed limits in Sicily are in kilometers and not miles per hour. At times you might feel frustrated and rushed for time to meet an appointment on NAS I, but you should at least arrive there safely. On both bases and in the housing units, the speed limits are posted and they must be obeyed. I have asked the Security Department to monitor this more as a way to cut down the speeding in the neighborhoods.

A stop sign means for you to stop...it is not a suggestion. A lot of our accidents occur when people are rolling through stop signs and suddenly have to stop when their car is hit from behind.

We have a Motor Vehicle Traffic Enforcement Program (NASSIGINST 5114.ID) and it is working. We have added a link on our INFOSIG website for you to report any traffic violations to the Security Department for action. People who do not obey the rules will pay the consequences for the bad driving behavior.

Traffic safety and the lives of our Sailors and their families are high on my list. Help me in ensuring the safety of everyone who lives and works here on base and off.

HEALTHWATCH

Binge and Irresponsible Drinking

By HMC Pamela S. Disponentt

Know Your Risk Factors

•6.6 million Americans under 18 living have at least one parent with alcoholism. These individuals have a seven times higher genetic vulnerability to alcohol dependence.

•What situations/circumstances are most likely to result in high risk drinking?

•Plan out alternatives: Define the limit you want that helps you maintain good judgment; ask friends to help you stick to your limit.

What is High Risk Use?

•Binge episodes, with or without an "incident".

•More than 5 drinks for males, and 4 drinks for females, are clinically defined as a "binge" episode.

High Blood Alcohol Content (BAC)

•Continued high volume use following a personal "price".

What are Contributing Factors?

•Able to "hold my drinks" is considered a badge of honor.

•Actually, this is "tolerance", which may also

lead to alcohol dependence and withdrawal symptoms.

•"Responsible" behaviors of DD and buddy system are often in use, there is a lack of general support in moderate/responsible volume of use per session.

What are the Effects of Alcohol?

•Likelihood of Car Crash
•BAC .05 = 1 1/2 times greater
•BAC .10 = 10 times greater
•BAC .15 = 25 times greater
•Estimated to be involved in 10-30 percent of general aviation accidents.

•Coast Guard reports alcohol in 60 percent of boating fatalities.
•Source: National Institute of Alcohol Abuse and Alcoholism.

Leadership, All Levels: What Can You Do?

•Set the example.
•Set the expectation for reasonable use per session.

•Support the member and the issue of getting help, if needed.

•Counsel, document via Memo For Record or other modes, to help SARP get an accurate "picture" if referred.

Peers: What Can You Do?

•Refer for evaluation where indicated.
•Evaluate your own drinking behaviors.
•Set the stage for outings to be social outings, rather than "drunkfests."

•Really be a friend.
•Support idea that getting "drunk" is not necessary for friendship.

•If you notice a friend getting "drunk", ask if they really want to do that? Or if they've had enough?

•Buy them a soda next round.

What Can I Do?

•Refer for evaluation where indicated.
•Evaluate your attitudes/values for alcohol use.
•Do you REALLY like getting drunk or the after effects? Or is it to fit in?

•Is your pattern of use high risk?
•Decide what pattern of use is safely compatible with your goals, values.

•Know what you're drinking.

•Know your expected BAC.

Healthwatch, page 8

CRIMESTOPPER'S HOTLINE
624-6389
July 5 - July 11
The following incidents were reported and categorized as follows:
Traffic accidents without injuries - 13
Traffic accidents with injuries - 0
Car break-ins - 1
DUI - 0
DUI's 2004 - 16
DUI's 2003 - 58

Commanding Officer Capt. Joe Stuyvesant	Deputy Public Affairs Officer Alberto Lunetta	J01(SW) Brian Johnson
Public Affairs Officer Lt. Steve Curry	Asst. Public Affairs Officer J01 Craig Coleman	Volunteers: Alexis James
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MOMAU 5 changes command

Courtesy MOMAU 5

Mobile Mine Assembly Unit Five (MOMAU 5) changed hands Friday when Lt. Cmdr. Larry E. Kelley was relieved by Lt. j.g. Baron D. Tillinghast in a ceremony held at Mine

NATO Base, Belpasso Mine Depot, Sigonella, Sicily. The guest speaker was Commander Robert Neville. A native of Denver City, Texas, Lt. Cmdr. Kelley enlisted in the Navy in August 1981. After recruit training at RTC Orlando, Florida, he completed Torpedoed Class "A" school in February 1982. He has served onboard the following ships: USS McDonough (DDG-39), USS Yosemite (AD-19), USS Stanley (CG-39) and USS Samuel Gompers (AD-39). In addition to these commands, he has been stationed at Naval Station Ingleside, Texas and completed two overseas tours at Naval Air Station Cubi Point, Republic of the Philippines and CTF 53 at Naval Support Activity Bahrain.

Lt. Cmdr. Kelley was advanced to Chief Petty Officer in 1990 and selected for a commission to the rank of Ensign (Surface Ordnance) under the Limited Duty Officer program on June 1, 1992. He assumed command of MOMAU 5 in September 2001, where he was responsible for maintaining prepositioned war reserve material stock service mines and mine countermeasures ordnance in support of mining operations and mine warfare for the Mediterranean, Middle East and Europe.

During his tour at MOMAU 5, Lt. Cmdr. Kelley led his command in 12 highly successful mine warfare exercises which provided over 600 exercise and training (ET) mines and

mine counter-measures training targets (MCTT) valued at over \$20 million. Exercises were held in various NATO, Partners For Peace and Gulf Coalition Countries. In 2003, he provided logistical support to Mine Countermeasure Squadron Three at Naval Support Activity Bahrain in direct support of Operation Iraqi Freedom. Lt. Cmdr. Kelley initiated a \$4 million infrastructure improvement military construction (MILCON) project. The project will upgrade U.S. and Italian Navy facilities electrical distribution systems and drastically improve the anti-terrorism intrusion detection system for the base. His efforts were reflected, when he was awarded the U.S. Navy and Marine Corps Meritorious Service Medal.

Lt. Cmdr. Kelley is also authorized to wear the Navy Commendation Medal (three awards), Navy Achievement Medal (five awards), Navy Unit Commendation, Meritorious Unit Commendation, Armed Force Expeditionary Medal, Navy Expeditionary Medal, Good Conduct Medal (two awards) and Sea Service Deployment Ribbon. He is married to the former Andrea Tria of Marulud, Metro Manila Philippines. They have three children, Shanna, Nicholas and Kristopher.

Lt. j.g. Tillinghast is a native of Troy, Pennsylvania. He enlisted in the Navy in November 1985 and attended recruit basic training, Gunner's Mate "A", Basic Electricity and Electronics schools in Great Lakes, Illinois.

His first assignment was the USS Kalamazoo (AOR-6) home ported out of Norfolk, Virginia.

Follow on tours consist of Gunners Mate "C" School for the Mark 42, 5"/54 caliber gun mount, USS Preble (DDG-46), Naval Air Station Patuxent River Maryland, Gunners Mate "C" School for the Mark 45, 5"/54 light weight gun mount, USS Cape St. George (CG-71), The Naval Leader Training Unit at Little Creek, Virginia.

In February 2001, Chief Petty Officer Tillinghast was commissioned as a Surface Ordnance Technician, Chief Warrant Officer. He reported to USS Arctic (AOE-8) in April 2001 home ported in Earle, New Jersey, where he served as the ships gunner and force protection officer.

Chief Warrant Officer Tillinghast reported to MOMAU 5 in June 2002 as the executive officer. He was selected to the grade of Lieutenant Junior Grade in October 2003, under the Limited Duty Officer program.

Lt. j.g. Tillinghast is authorized to wear the Navy Commendation and Achievement Medals as well as various unit awards and campaign medals. He is married to the former Nichole Skipper of Virginia Beach, Virginia. They have four children, Keegan, Bailey, Jacob and Clarence.

NAS Sigonella Worship Opportunities

Catholic Mass

Saturday 5 p.m. Chapel (NAS II)
Sunday 9 a.m. Chapel (NAS I)
Sunday 9 a.m. in Italian 41*
Stormo Chapel (NAS II)
Sunday 11 a.m. Community Center (Mineo)

Protestant Traditional Service
Sunday 11 a.m. Fellowship Hall (NAS I)

Protestant Worship

Sunday 9 a.m. Community Center (Mineo)
Sunday 10:45 a.m. Chapel (NAS I)

United Pentecostal Church, International
Sunday Noon Chapel, (NAS II)

Church of Jesus Christ of Latter Day Saints
Sunday 1 p.m. Chapel (NAS I)

Church of Christ

Sunday 3:30 p.m. Chapel (NAS I)

Jewish Shabbat Service
Last Friday of the month 5 p.m. Chapel (NAS I)

Muslim Jumuah
Friday 12:30 p.m. Chapel (NAS I) Classroom

Weekdays
Catholic Mass 4:30 p.m.
Monday & Tuesday
11:30 a.m. Thursday & Friday (NAS I)
Monday thru Thursday at 11:30 a.m. (NAS II)
Wednesday Protestant Bible Study
4:45 p.m. (NAS II Chapel)
5 p.m. (NAS I Chapel)
For more details, call 624-4295 or 624-9049.

Our lives, our fortunes, our sacred honor



**By Chaplain
Joseph
Carlos
Command
Chaplain**

Although we celebrated Independence Day a couple weeks ago, I thought we were still close enough to the event to share the following thoughts regarding the 56 men who signed the Declaration of Independence and how their character can motivate us today, 228 years later.

"We mutually pledge to each other our lives, our fortunes, and our sacred honor." With these words the signers set the tone for what would indeed happen, the living out of that pledge and promise or sacred vow. Let's look at the three areas.

The average age of each representative from the 13 colonies was 45 years, while Benjamin Franklin was the oldest at 70, and Thomas Lynch, Jr. of South Carolina was 27. There were farmers, businessmen, lawyers, doctors, and a clergyman - John Witherspoon of New Jersey. Only one was a Roman Catholic: Charles Carroll of Maryland, who also has the distinction of living the longest of the signers, dying at the age of 95. Seven had graduated from Harvard, four each from Yale and William and Mary, and 3 from Princeton.

Seventeen served in the military during the American Revolution.

They pledged their fortunes. Eleven signers had their homes and property destroyed. Francis Lewis's New York home was destroyed while his wife was taken prisoner. John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and mills were destroyed. Thomas Nelson of Virginia used his property as collateral to raise \$2 million for the war effort, but the government never reimbursed him. He died homeless and bankrupt. Seventeen men lost their fortunes.

Five of the 56 signers were captured by the British. They were offered freedom and rewards if they recanted their treason against the king, or they would receive harsh punishment and confinement. They chose prison. Not one of the 56 defected from his pledge. Their honor held firm.

Life, Fortune, Honor. As members of the military we, too, have taken a sacred vow or oath to support and defend the constitution. (Six of the signers also signed the United States Constitution: Roger Sherman, Robert Morris, Franklin Clymer, James Wilson and George Reed.) We, as members of the military, "mutually pledge to each other our lives, our fortunes and our sacred honor." May we be as successful as the signers were in being faithful to that pledge.

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NAVY NEWS

Clark confirmed for second CNO term

By JOC Walter T. Ham IV,
Chief of Naval Operations Public Affairs

WASHINGTON (NNS) — Chief of Naval Operations (CNO) Adm. Vern Clark was confirmed July 8 for a second term as CNO.

At his Senate confirmation hearing, Clark pledged to continue to work on the priorities he has championed for the last four years.

"My goals as the CNO for the past four years are a matter of record, and I report that I'm pleased with the progress," said Clark when he testified at a confirmation hearing alongside Lt. Gen. James E. Cartwright, who was later confirmed as the first Marine general to command the U.S. Strategic Command. "Having said that I'm satisfied and pleased with the progress, I must say there's still a lot to do."

The CNO singled out three areas he wants to focus on during his second term as the Navy's uniformed leader.

"We will seek to deliver the right readiness at the right cost to support the global war on terror and to meet the nation's warfighting needs. We will continue to develop our 21st century workforce and deepen the professional growth of our Sailors. That means my commitment to the men and women who choose to wear the cloth of the nation will continue to be my number one priority because I'm convinced that without them, none of the things that we need to do are possible," said Clark. "We will seek to accelerate our investments in our naval strategy, Sea Power 21."

Clark told the Senators that the technological advances being incorporated into the Navy's newest warfighting platforms will revolutionize naval warfare and change the Navy's force structure. As examples, he cited DD(X), which will bring precision to land warfare, LCS, which will allow the Navy to dominate brown water warfare, and MPF(F), which will add a new dimension to sea basing. Clark added



Adm. Vern Clark, Chief of Naval Operations (CNO) is questioned before the Senate Armed Services Committee during confirmation hearings. Adm. Clark is confirmed for an additional two years as CNO.

that the Navy's submarine force plays a role of ever-increasing importance in the pre-hostilities phase of potential conflicts.

Since technological advances are simultaneously changing the capabilities and requirements for naval forces, and operational concepts like Sea Swap and the Fleet Response Plan are changing the Navy's presence calculus, the CNO said the Navy is continuing to study the number of ships required for future operations.

The CNO said Sailors were the driving force behind the Navy's operational and transformational success during his four years in his office, and he added that his personal project for his fifth year will be creating a 21st century Human Capital Strategy.

"I want to commit that we will spend whatever it takes to grow and develop the young men and women who have made the choice to serve and wear the cloth of the nation," Clark said. "But I don't want to spend one thin dime on people that we really don't need."

U.S., NATO and Moroccan forces begin maritime exercise

From U.S. Sixth Fleet Public Affairs

EASTERN ATLANTIC OCEAN (July 11, 2004) — Military forces from ten allied countries converged here today to begin MEDSHARK/Majestic Eagle 04 (MS/ME04), a multinational exercise involving more than 20,000 personnel, 30 ships, and nearly 150 aircraft. For the next five days, the units will engage in realistic scenarios intended to enhance interoperability between participating nations and cultivate their capacity to deal with 21st century security challenges.

"Any operation that takes place today will either happen in a coalition or within the context of an organization like NATO," said Royal Navy Rear Adm. Paul Boissier, Deputy Commander for Strike Force NATO (SFN), the alliance's maritime component command overseeing the exercise. "During this exercise, we will get people together to refine warfighting procedures and competencies, so that when we go into an operation, we can get it done as quickly and efficiently as possible, with minimum loss of life."

MS/ME04 is the European theater's capstone event of the U.S. Navy's Summer Pulse 04 operation, during which seven aircraft carriers have simultaneously been underway in five different theaters. The additional ships operating in the European theater have provided exercise planners with a wealth of resources to create challenging and realistic mission scenarios.

"This opportunity is special because it's been a long time since we've had four aircraft carriers together in a NATO exercise," said U.S. Navy Vice Admiral Harry Ulrich, Commander of SFN and the U.S. Sixth Fleet. "Additionally, this was designed as a short notice exercise to see how flexible NATO forces are. We have been able to bring 30 ships together in short order and they are working very well. I'm very pleased with the planning process and the

integration we have seen so far and look forward to a very productive and rewarding exercise."

One of the exercise's most significant objectives is the employment of NATO command-and-control architecture to prosecute the battle. While nation-specific forces typically use individual methods during execution of military operations, operating under separate procedures can be detrimental to combat readiness and mission accomplishment when practiced in a joint environment. MS/ME04 is the ideal forum to put everyone on the same page of the playbook.

"Some things match up and some things don't when you bring together different countries and even different services within the same country," said U.S. Marine Corps Col. Thomas Glazer, an exercise planner at SFN. "Systems, nomenclature, language, communication . . . those are common friction points when you first start working as a team. With NATO command and control, we eventually eliminate those variations and become familiar with a single way of doing things. The more you go out and practice your job, the better you are at it, so this should be a very productive opportunity for us."

During the exercise, participating forces will be exposed to numerous maritime and aviation challenges testing their ability to operate as a cohesive coalition. Training evolutions will include long-range air strikes, night operations, naval surface fire, surface warfare, maritime intercept operations and several other tactical disciplines. The majority of the events will take place near the Cap Draa training range off the coast of Morocco, host nation for the exercise.

In addition to Morocco, participating nations include France, Germany, Italy, Netherlands, Portugal, Spain, Turkey, United Kingdom and the United States. Greek military officials will actively observe the exercise.

The Energy Block

Talk about a little ingenuity. I was told the other day that a city in Spain is using the by-products of olive oil from their restaurants (waste oil) as a mixture for diesel fuel. Doing this created amazing results. A decrease in soot from a working engine, CO₂ and HC emissions, with no increase for fuel blends compared to diesel fuel. It also appears that the engines from the buses that are involved in this experiment require much less maintenance, adding to the significant savings. This is a win win situation for both the entrepreneurs and the city along with the environment from the disposal of this unused oil.

So I started thinking what else could people be doing with olives besides just eating them? After a little research, this is what I found. Spain's 200 million olive trees make it the leading olive oil producer, but also leading producer of pomace, the pits and pulp left over from the presses. Disposal has been a problem and has been considered a hazardous waste. A Spanish electricity company is planning to build two olive waste fired power stations producing 32 megawatts. Turkey is also doing the same in a \$20 million project.

In Jordan and the Middle East, the pulp is made into cakes called "jift" that are burned. From a simple fermentation technique to enrich the protein and reduce the cellulose content, the pulp can become an animal feed. I was found that the by-products contained more protein and 31 percent more digestible than the original product. This is not only disposing of waste and saving large amounts of money by import fees for feed, but also providing hundreds of new jobs. In some other countries, charcoal briquets are made that are clean burning and a very hot temperature.

So the next time you may sit down somewhere in wonderful Sicily and eat olives, just think that someday soon it may be an additive for your fuel tank.

Let's use, not abuse

Sexual Assault Victim Intervention

SAVI offers a Sexual Assault Hotline staffed with trained Advocates who man the SAVI Hotlines 24/7. The number is 335-642-8312 or 335-606-6146.

Navy Demonstrates FRP During Summer Pulse '04

By Journalist 1st Class (SW) Hendrick L. Dickson,
Navy News Service

WASHINGTON (NNS) — In June, the Navy began Summer Pulse '04, the first exercise of its new operational construct, the Fleet Response Plan (FRP). During a roundtable discussion at the Pentagon July 8, Assistant Deputy Chief of Naval Operations for Plans and Policy, Rear Adm. John Stufflebeem talked about FRP and the significance of Summer Pulse '04.

Under the Fleet Response Plan, the Navy will maintain a "six-plus-two" posture, the ability to simultaneously deploy six Carrier Strike Groups (CSGs) in less than 30 days to support contingency operations around the world, and have two more CSGs ready to support or relieve elements of the initial responding forces within three months. Summer Pulse '04 is the Navy's first look at a large scale surge such as this.

"[For Summer Pulse '04], we had seven carrier strike groups (CSGs) that were notified within 30 days at various levels of readiness and training," said Stufflebeem. "They are now deployed in all the AORs [areas of responsibility] - NORTHCOM [U.S. Northern Command], SOUTHCOM [U.S. Southern Command], CENTCOM [U.S. Central Command] PACOM [U.S. Pacific Command] and EUCOM [U.S. European Command], and they all did it simultaneously. The point is to demonstrate to ourselves and our allies a scalable, global force projection capability."

According to Stufflebeem, the success of Summer Pulse is not only measured by the CSGs' ability to deploy on short notice, but more importantly, the Navy's ability to maintain a six-plus-two capability after the ships have returned in August.

"The most important metric...of the Fleet Response Plan and the flexible deployment that came from Summer Pulse '04 is how quickly do we reset and maintain our six-plus-two posture," said Stufflebeem. "We want to have that capability 24/7 by 365 (days) to answer the president's call."

Stufflebeem also expressed that even with the FRP concept, the Navy intends to maintain the same standard of stability for its Sailors and their families.

"Within the Fleet Response Plan, there are windows that ships and air wings will transit through on their way from a maintenance period all the way through an intended or expected deployment timeframe," said Stufflebeem. "And graduated within the Fleet Response Plan are those windows where crews could expect and families might anticipate that in an emergency they would go, but short of an emergency, they

Pulse, page 8

FFSC marks 25th birthday in midst of record statistics

JO1 Eileen Kelly Fors,
Commander, Navy Region Europe Public Affairs

NAPLES, ITALY (July 9, 2004) — In an appropriate coincidence befitting of a world renowned organization's 25th anniversary, Sailors and their family members are using the U.S. Navy's Fleet and Family Support Center (FFSC) services at an all-time high.

"We are noticing a lot more individuals soliciting information from us to deal with extended absence on the home front," says Capt. Mary Ann Morgosian, Director of Navy Personnel Command's Fleet and Family Support Division in a recent FFSC press release.

There have been more than 4.3 million service contacts at the 55 FFSCs worldwide - a 16.8 percent increase over the previous year and a two-year increase of 35.7 percent according to a Navy Personnel Command (NPC) release. Service members are increasingly aware that The Center offers much more than free counseling, information, and referral. The Center's Spouse Employment Assistance Program and New Parent Support Program, for example, is up 68.5 percent and 69 percent respectively over the past two years. Some recent services include web-based directories, electronic mail requests, and online features such as the new Navy OneSource information and referral system www.navyonesource.com.

"FFSCs continue to evolve. I've said that from year one, and here we are coming up on 25!" says Anita Keegan, staff member of the first FFSC in Norfolk, Va., in July 1979. Now Keegan is Administrative Services Coordinator for Hampton Roads' FFSCs. "I still enjoy hearing, 'I had no idea you did that,'" she says.

The FFSC provides operational, mobility and counseling support to service members and their families, helping them adapt to Navy life. All FFSC services are a benefit free to all service members; single or married, including activated reservists, retirees, and Department of Defense civilians in overseas locations.

The first two FFSCs opened in Norfolk, Va., and San Diego, Calif., providing a one-stop-services shop recommended by the landmark Navy-wide Family Awareness Conference in November 1978. The first FFSC overseas opened in Naples, Italy, in 1982.

The Centers offered information, referral and counseling services, as well as a 24-hour hotline staffed by trained senior petty officers and Navy Chiefs.

There are eight FFSCs in the European region with facilities to help Sailors and their families; Naval Air Station Keflavik, Iceland; FFSC, page 8

News Briefs

Advancement exam study sessions

The NASSIG First Class Association is sponsoring "Military Requirements" advancement exam study sessions from July 20 through Aug. 26 at Bldg. 562 (adjacent to the NAS II ballfield). PO's on Tuesdays from 4 p.m. to 5 p.m., PO2's on Wednesdays from 4 p.m. to 5 p.m., and PO1's Thursdays from 4 p.m. to 5 p.m. Open to anyone preparing for the Navy-wide advancement exams.

Security National Night Out

The Naval Air Station Sigonella Security department is sponsoring National Night Out, America's night out against crime. There will be games, free food and demonstrations by EOD, the Fire Department, Security and more. National Night Out is on Aug. 3 at Maranai Housing from 5 p.m. to 8:30 p.m.

2004 NASSIG CPOA Golf Challenge

There will be a Golf Tournament July 29. Tee off at 8:30 a.m. (Show time 8 a.m. for rules and pairings of teams). Four-man team best-ball challenge.

Sign up your team with ABHC Mason 624-6950, AWC Dawson 624-5236, or SHC Young 624-7801 before July 28, 2004.

There is a fee to participate in the tournament, which is per person. This cost will pay for your lunch and support the NASSIG Chief Petty Officer Association. Green fees need to be bought at Take 5 prior to arriving at the course.

Individual trophies will be presented to each of the players on the first, second and third place teams.

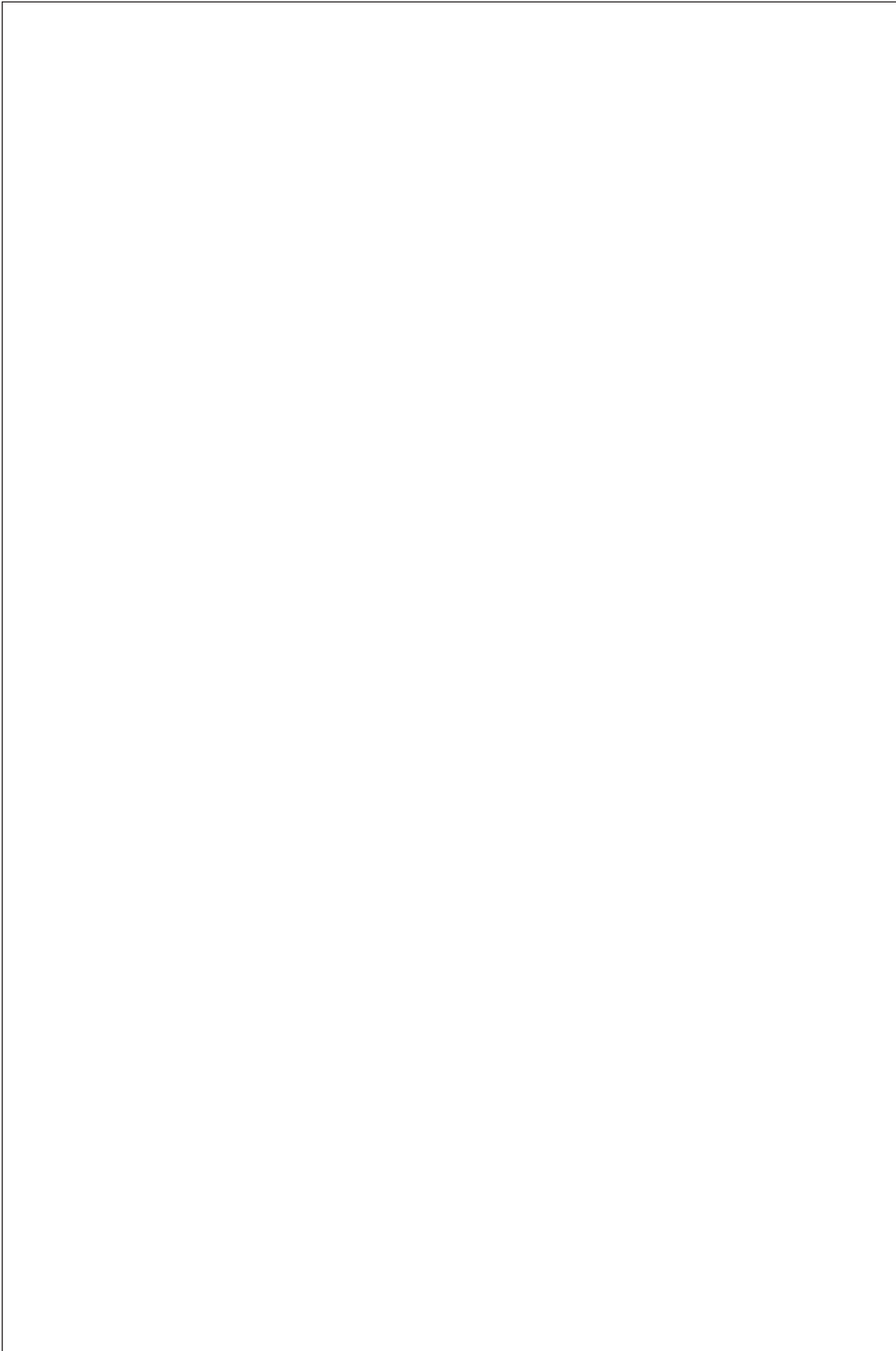
Additionally there will be a trophy given to the longest drive (must be in the fairway) and one for the closest to the pin (must be on the green) on a par-three hole.

Red Cross babysitter training

This course will give participants 11 years and older the safety skills and confidence to be a great babysitter. They will learn how to handle an emergency or illness, interview for babysitting job, make good, responsible decisions, supervise children, keep kids and themselves safe, perform care of infant and children and learn basic care for life threatening emergencies. This course will be held at the new Red Cross office on NAS I on Saturday from 9 a.m. to 3 p.m. For information call 624-4900.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COMMUNITY CALENDAR						16 July Camping Trip to Capo Calava Adventures Unlimited Call 624-4271
18 Lipari Express ITT Call 624-4396	19 BINGO Cards on sale 5:30 p.m. Starts at 6:30 p.m. The Crater Pub Call 624-4321	20 Healthy Pregnancy, Healthy Baby 4:15 p.m. to 7:15 p.m. Register at Red Cross NAS I office	21 Veterans Administration established, 1930	22 Etnaland Water Frenzy 9 a.m. to 6 p.m. No Limitz Adventure Camp	23 Catania Shopping ITT Call 624-4396	17 Red Cross Babysitter Training 9 a.m.-3 p.m. NAS I Red Cross office Call 624-4900
25 Caltagirone Candlelighting ITT Call 624-4396	26 Meal Deal Bowling 11:30 a.m.-2:30 p.m. Ten Pins Bowling Center Call 624-4302	27 Tournament Tuesdays Take 5 at 6 p.m. Call 624-2034	28	29	30 July Jungle Matinee Party Base Theater Giveaways and more. Call 624-4216	24 Palermo I & Mondelo Beach ITT Call 624-4396
1 Gegraci Siculo & Ventimiglia Tournament ITT Call 624-4396	2 Acibonaccorsi & Fireworks ITT Call 624-4396	3 National Night Out Maranai Housing 5 p.m. to 8:30 p.m.	4 Naval Medical Service Corps established, 1947	5 Cooking Class for Children ITT Call 624-4396	6 Trade Fair in Messina ITT Call 624-4396	31 Marina di Ragusa Water Park Adventures Unlimited Call 624-4271
August	Sat., July 17	Sun., July 18	Mon., July 19	Tues., July 20	Wed., July 21	
Fri., July 16 Visit Francavilla di Sicilia with ITT. Visit a monastery, winery and an ancient Norman town. Call ITT at 624-4396.	Sing your heart out with TJ the Karaoke Queen, over 6,000 songs to choose from at the Crater Pub.	Tour one of the seven Aeolian Islands. Take a ferry from Milazzo and disembark at the Port of Lipari. Then hop on a tour bus and explore the island, stopping for wine tasting and lunch. Then visit the archeological museum and see the castle with its wonderful views. Call ITT at 624-4777 for more information.	Stop by the Crater Pub for some BINGO action. Cards go on sale at 5:30 p.m. and early-bird games start at 6:30 p.m. Cash prizes for winners.	The Crater Pub has some Tuesday night action for you. Their Billiard Break Contest starts at 7 p.m. The person with the most balls in on the break wins.	Stop by the Crater Pub for Sharks Nine Ball Pool Tournament at 7 p.m. Stick around to answer some trivia questions and be entered in a drawing to win a classic "Dead Stroke" t-shirt.	







By Alberto Lunetta
Signature Staff

Italian News

Sicilian culture and lifestyle

Summer Jazz festival kicks off in Catania

For over 20 years, the Catania Jazz Festival has been bringing to Sicily the finest Jazz bands and musicians such as Dizzie Gillespie, Scott Henderson, Bill Codham, Pat Metheny, Dee Dee Bridgewater and others.

This year, this amazing festival running through July 27 at the Ciminiera Convention Center will feature three ticketed concerts showcasing unforgettable music.

Dave Douglas Electric Trio – July 20

Born in 1963, in Montclair, New Jersey, trumpeter and composer Dave Douglas has built a reputation as one of the leading figures in modern jazz. He has been named trumpeter, composer, and jazz artist of the year by prestigious organizations such as the New York Jazz Awards, Down Beat, Jazz Times, Jazziz, and the Italian Jazz Critics' Society. During his concert in Catania, Douglas will present "Freak In," his latest release that combines elements of free jazz, traditional jazz, improvisation, rock and hip-hop. Douglas's band features electric piano, bass, drums and a disk jockey.

Gil Dor and Zohar Fresco – July 25

This amazing Israeli duo features graceful guitar player and composer Gil Dor and great drummer Zohar Fresco. Dor and Fresco are the backbone of Israeli singer and songwriter Noa's band. Dor played at many jazz festivals, both in Israel and in Europe. He studied in Boston at the Berkeley School of Music and at Queens College in New York City. During the past several years, he also toured Europe with virtuoso guitarist Al Di Meola. In Israel, Gil co-founded the Rimoni School of Contemporary Music. His repertoire ranges from jazz to Israeli, Middle East and Mediterranean classic tunes.

Uri Caine Trio – July 27

Philadelphia-born virtuoso pianist and composer Uri Caine's music is characterized by "crossover projects" including a blend of classical composers (Bach and Mahler and Schumann) and classic jazz. Bassist Drew Gress and drummer Ben Perowsky accompany Caine.

Tickets

All concerts will begin at 9:30 p.m. The cost of a ticket is • 11,50. Tickets can be purchased on line at www.ticketonline.it or by calling the following agencies in Catania: *Box-Office Tickets* - via G. Leopardi, 95 - (095-7225340) and *Primafila* (inside the Rinascente department store) via Etnea (095-7151488).



The annual Acitrezza Padellone Fish Festival is a fun way for families to enjoy the freshest Sicilian fish.

The Ciminiera Convention center is located downtown Catania near the train station.

Fried Fish Festival to be held in Acitrezza

Mark your calendar for the 14th edition of the *Padellone* (big pan) Festival. Don't miss this opportunity to taste savory local fresh fish and drink good Italian *vinu bianco*. This year the festival will take place on July 24 and 25 at the *scalo alleggio*, a little port located under piazza Giovanni Verga, the city main square. Starting at 8 p.m., tons of fresh sardines, anchovies, squids, spoonbills and shrimps will be floured and fried in olive oil inside a ten-foot wide pan by local skilled cooks who have been cooking for the festival since 1985. Complementing the festival, live music will entertain festivalgoers under the breathtaking backdrop of the Acitrezza seaside, the beautiful Lachea Island and the *Faraglioni* rock-cliffs that according to Homer's legend are those hurled by giant Polyphemus at the escaping Ulysses.

Blues Festival to be held in Capo D'Orlando

The annual Capo D'Orlando Blues Festival is one of the biggest and most anticipated events in Sicily. The excitement begins on July 21, 22 and 23 and continues on Aug. 5 through 8. The first section of the festival will be held in via Crispi in the town's historic center kicking off at 10 p.m. and featuring blues man Enrico "Mad Dog" Micheletti and

Dago Red Band. Complementing the festival, students from the Pescara School of Cartoon and Graphic Art will draw spur of the moment, improvised and quick-drawn cartoon sketches. In August, the festival will continue at the Villa Piccolo Parco Museo, a park located on a hill outside Capo d'Orlando on national road 133. The second part of the festival will feature the following artists: Francesca de Fazi and Sandra Hall (Aug. 6); Stefano Franco nicknamed "Mr. Boogieman" and Belgian band Blues Lee (Aug. 7); Doctor Sunflower Jug band and Eric Sardinas (Aug. 8).

On July 17, the town will also host a one-day folk festival kicking off at 6 p.m. at the public gardens and featuring flag wavers from Motta and parades of traditional Sicilian folk groups. For more information, detailed schedules, directions and tickets contact Capo D'Orlando's Tourist Office at 0941-903329.

Music Festival sets off Ragusa

Province's artistic heritage

What could be more fascinating than listening to a concert in ancient and beautiful venues such as Baroque villas, country houses and castles? An amazing music festival running from July 16 through Aug. 8 will give you the unique chance of visiting some among the best artistic jewels of the towns of Ragusa, Acate, Ispica, Modica and Vittoria as well as enjoying great live jazz and classic music. UNESCO recently inserted these cities, which are urban districts of tremendous cultural and historic value from an international as well as a national point of view, in the World Heritage List.

For some concerts, tickets will include complimentary refreshments featuring Sicilian specialties that will be served after the performances giving concertgoers the chance to meet the musicians as well as further enrich their knowledge of these beautiful sites. July's highlights include: The Chieftains (Traditional Celtic music and sounds of Uilleann pipes - July 16- 9:30 p.m. - Donnafugata Castle- Ragusa); Nicola Otteri (Spanish and Brazilian guitar music- July 23- 9:30 p.m. - Torre Napolino, Frigintini- Modica); Francesco Cafiso Quartet (Saxophone solo player and his band featuring jazz music- July 28- 9:30 p.m. - Parco di Serra San Bartolo- Vittoria); Lino Patruno and Blue Four (Band specialized in Eddie Lang/Joe Venuti music - July 31- 9:30 p.m. - Valle Dell'Acate Wine Cellars, Contrada Bidini- Acate). For more information on tickets, detailed schedules and directions to the venues call 320-1945850. Tickets, which cost • 15, can be purchased at Trimondo Viaggi travel agency located in piazza V. Emanuele n. 32 in Catania (phone: 095-7158113).

Word Find

Broadway Musicals

EYKAQHCTJRKSCGZOSMLTYTG
MLKIEVOLFOSTCEPSABIGHNHUO
TGTMTSTSEBEHTDNAYTUAEBEYO
SHPSOSPSSCNGSOSSETJVRGTPSR
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ANLOSGETNAFEOORRVOEECOVOOO
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YAIARJROLOAMKCNLRLEPIGEOI
DLCARYINDEAIYSTACWILSDOTF
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RSJESUSCHRISTSUPERSSTARDL
IBKALLEREDNICOMPANYHCNAIA
AVZIEWEHTXTTRYINGEVITAWQGS
FZPOEJCCFICAPHTUOSNRWRTTO
YCAROUSELCBYEBYEBIRDIEISM
MESAERGTHEKINGANDIZWQKMEA
STBBZRVHYEGJZMPAIRETTUEWY

A CHORUS LINE
ANNIE
ANY ONE CAN WHISTLE
ANYTHING GOES
ASPECTS OF LOVE
BEAUTY AND THE BEAST
BIG
BRIGADOON
BYE BYEBIRDIE
CABARET
CAMELOT
CAROUSEL
CATS
CHESS
CHICAGO
CINDERELLA
COMPANY
DAMN YANKEES
EVITA
FIDDLER ON THE ROOF
FOREVER PLAID
GODSPELL
GREASE
GUYS AND DOLLS
GYPSY
HAIR
HELLO DOLLY
INTO THE WOODS

JESUS CHRIST SUPERSTAR
KISS OF THE
SPIDERWOMAN
LA CAGE AUX FOLLES
LES MISERABLES
LITTLE SHOP OF HORRORS
NAME
MY FAIR LADY
OKLAHOMA
OLIVER

PASSION
PIPPIN
RAGTIME
RENT
SHOWBOAT
SOUTH PACIFIC
THE FANTASTICKS
THE GODBYE GIRL
THE KING AND I
THE LION KING

THE MUSIC MAN
THE PHANTOM OF THE
OPERA
THE SOUND OF MUSIC
THE WIZ
TOMMY
TRYING
VICTOR VICTORIA
WESTSIDE STORY

New diabetic support group sessions

By LCDR Odette Oliveras, MC, USNR and
Ms. Kim Taylor, RN, BSN, CCM

The Diabetic Management team at US Naval Hospital Sigonella would like to invite you to our upcoming Diabetic Support Group Sessions, starting this month. You may think, "Sure, I am a diabetic, but I feel just fine, why should I go?" or "Someone close to me has diabetes, but what can I do to help?" or even "what is diabetes?" Well, let me give you some information that may change your perceptions on diabetes and how you can be an active participant with the health care team in its prevention and control.

More than 18 million Americans currently have diabetes (high blood sugar). Having diabetes means that the body is not able to use its sugar very well. Having too much blood sugar, uncontrolled diabetes, can lead to blindness, heart disease, kidney disease and other health problems. If you are not one of these 18 million, I am certain that you know someone who is or might become one of them. A positive family history, obesity, increased cholesterol especially triglycerides (blood fats), physical inactivity are all risk factors for diabetes.

USNH Sigonella diabetes support group sessions

Location: CETD building (outside the hospital, next to ER)

Time: 4:30 p.m. to 5:30 p.m.

July 22, "Your Eyes" with Dr. Archila, Optometrist

Sept. 16, "Your Teeth" with Dr. Castro, Dentist

Nov. 18, American Diabetes Month. "Make The Link! Diabetes, Heart Disease and Stroke" with Dr. Oliveras, Internist

in the adult patient.

Our support group is meant to educate and give support to all those who are interested in learning and talking about diabetes. We know that behavior change and behavior lifestyle through education is the key in the overall management of diabetes.

So where do I sign up, you ask. No need, just show up. Below, is the schedule for this year's sessions. Cut it out, make copies, give it to your friends, or write it in your calendar. One thing I tell patients, as they will attest to, is that, you are your best doctor or healthcare provider. As military doctors, we come and go, but you, with proper education and motivation can minimize the risks and/or complications of diabetes and live a healthy life. Take ownership of your health and get educated so that you do not become another statistic. Our team is eager to meet you and you will not be disappointed. If you have any questions, please contact our Nurse Case Manager, Ms. Kim Taylor at 624-3789 or by email at kntaylor@sig.med.navy.mil

How close are we to our co-workers?

JO2 Lily Daniels
Commander, U.S. Naval Forces Europe Public Affairs

While sitting at any one of the numerous coffee shops throughout Europe, Sailors have the opportunity to take in the scenic city structures and "people watch" as well. One can see mothers with their children, pampered pets, and the occasional service member sticking out from the locals.

As Sailors, we should always be aware of how we present ourselves, especially during off-duty hours. Consider this situation: you walk by a restaurant/pub, and you see an officer and a couple of petty officers sitting together drinking. What do you conclude from this? Is this fraternization, or could it be a hail and fair well party, with the rest of the division present? Sometimes what we see doesn't tell the whole story. That's why it is so important to understand what fraternization is and what it is not.

Training tells us that fraternization involves the formation of an unduly familiar relationship between a senior and a subordinate. This can occur on several levels. For example, any other-than-professional relationships between officers and enlisted personnel constitutes fraternization. Also, unduly familiar relationships within the same chain of command would cross the line into fraternization. So, the question remains, how do we determine what "unduly familiar" means?

It isn't an easy question to answer, but the Navy has clarified certain situations that offer guidance. In addition to relationships of a sexual nature, those that involve dating, shared living accommodations, commercial solicitations, borrowing or private business partnerships also constitute fraternization. These examples are pretty clear. Many of the problems with

fraternization arise out of those situations that are less clear, and usually involve a repeated pattern of inappropriate social interaction.

Taken individually, a meal with a junior or senior co-worker wouldn't constitute fraternization. But repeated outings that aren't in a group setting could create the perception that an unduly familiar relationship has developed. Perception plays a large role in determining if behavior is detrimental to good order and discipline. And it is these gray areas that contribute to perceptions of right or wrong. While it is critical to understand fraternization in evaluating our own behavior, it is equally important that we do not jump to conclusions about the behavior of others. An innocent situation could end up costing a career, just because of a misconception.

The Navy, like many civilian and military organizations, recognizes the value of professional boundaries in maintaining unit integrity. Violating these boundaries can lead to suspicion and accusations of favoritism and preferential treatment. It can also degrade the chain of command to the point that it becomes inoperable.

The fraternization policy doesn't condemn all interaction between seniors and juniors. Appropriate social interaction can enhance morale and esprit de corps. Divisional luncheons, command sports teams and sponsored events are all encouraged.

Fraternization is best avoided by knowing your own boundaries, understanding the perceptions of those around you, and not jumping to conclusions. So the next time you're out and you catch someone raising an eyebrow at you, take a look at yourself and the situation you're in. Personal integrity and situational awareness can go a long way.

TRIVIA

- 1) How many spaces are there on a playground-legal hopscotch court?
- 2) What is the name given to the study of fingerprints: dactyloscopy, palynology, entomology, trichology?
- 3) Which family was the first to send 5 brothers to the Major Leagues: O'Neill, Sowers, Perez, Delahanty?
- 4) What is the word for a fear of clowns: coulrophobia, pantophobia, sclerophobia, cherophobia
- 5) What is the Olympic Motto?

(Answers on page 10)

Movie Connection

JO2's Theater Schedule

Friday, July 16	Monday, July 19
1 p.m. Shrek 2 (PG)	1 p.m. New York Minute (PG)
6 p.m. Spiderman 2 (PG-13)**	6 p.m. Soul Plane (R)
9 p.m. Spiderman 2 (PG-13)	8:30 p.m. The Terminal (PG-13)
Saturday, July 17	Wednesday, July 21
1 p.m. Shrek 2 (PG)	6 p.m. Spiderman 2 (PG-13)
3:30 p.m. Soul Plane (R)**	8:30 p.m. The Punisher (R)*
6 p.m. Troy (R)	Thursday, July 22
	6 p.m. 13 Going on 30 (PG-13)*
Sunday, July 18	8 p.m. Godsend (PG-13)
1 p.m. Mean Girls (PG-13)	Friday, July 23
3:30 p.m. Godsend (PG-13)	6 p.m. Raising Helen (PG-13)**
6:30 p.m. Spiderman 2 (PG-13)	8 p.m. Troy (R)

*** Future Release ** Sneak Preview ** Last Showing
(All times and movies are subject to change. For more information on the schedule, call the movie hotline at x4248)

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Pulse from page 3

would have the same stability that they have been used to in years past."

The final measurement the Navy is taking a close look at during Summer Pulse '04 is logistics and shore infrastructure. Stufflebeem hopes the exercise will show this type of surge is feasible within the allotted budget.

In recent years, the attention of Naval forces have been predominately in the CENTCOM AOR supporting Operations Iraqi and Enduring Freedom in Iraq and Afghanistan, respectively. However, with major operations in the area tailoring off, the Navy is once again turning its sights globally. Stufflebeem knows exercises like Summer Pulse '04 are crucial to ensure the Navy is prepared to take the fight to the enemy no matter where they are.

"As we get back into a routine of the global war on terrorism, there are other hot spots around the globe that we are going to be told to pay attention to," he explained. "So we are always going to want to train like we fight, and fight like we train. So when we exercise we will want to do that jointly with allies in the environment we would expect to fight in for as much as we can."

FFSC from page 3

Naval Station Rota, Spain; Joint Military Facility Saint Mawgan, London and Commander Naval Activity, United Kingdom in addition to the Italy-based centers in Naval Support Activity La Maddalena; Naval Air Station Sigonella, Sicily; Naval Support Activity Gaeta, and Naval Support Activity Naples. The Naples FFSC supports the needs of the Naval Support Activity Souda Bay, Crete, Greece Sailors.

Today, The Center offers programs for single and married Sailors alike, including services that help them balance their budgets (Personal Financial Management) move to a new base (Relocation Assistance Program) and make the transition to civilian life (Transition Assistance Management Program).

The Centers provide Sailors help as soon as they check into an overseas command.

"People just can't deny the very demanding lifestyle of a military service member, especially overseas. I believe that at the end of the day the value of the Navy support programs we offer can't be overrated," says LT Jerry Mahlaui-Heinert, Regional FFSC Social Worker for Commander, Navy Region Europe.

"The Inter-Cultural relations class that Navy families experience when they check into an overseas command is designed to encourage people to enjoy the country and culture where they are stationed. It is to encourage people to learn the local language, and get out in town and go shopping," Mahlaui-Heinert said. "We are here so that people enjoy their tour, not count the days until they are back in the States."

Many Sailors have never been inside an FFSC - especially singles who are not aware of the career-enhancing and self-help resources available at The Center.

"Many folks don't get information about the FFSC until it's too late or until it's time to take a TAP [Transition Assistance Program] class," said Captain Margosian. "Even if you don't have a family, go in there. Know what tools are in your toolbox."

The Naples, Italy, FFSC is offering Career Options and Navy Skills Evaluation Program (CONSEP) workshop to Sailors. "CONSEP has been designed to assist Sailors identify their individual skills and talents, develop long-term professional and personal goals, plan for personal financial stability, research related civilian skills or qualifications, establish effective long-term career planning objectives and emphasizes the values of continuing a Navy career," explains Ms. Sheryl Rivers, Transition Assistance Manager with the Naples, Italy, FFSC.

"We are all very familiar with the mobile military lifestyle, and we come with sufficient experience in all the subjects covered in the course," according to Rivers. CONSEP is broken into four modules: Personal Planning, Financial Planning, Navy Career Options, and Civilian Career Planning. The Navy was the first military branch to launch such an initiative, and CONSEP has since become a training model for the entire Department of Defense.

Several foreign navies have sent delegations to the U.S. or requested material to study the FFSC, including Australia, Canada, Great Britain, Russia, and Turkey, according to a recent FFSC press release.

For more information about the FFSC or to locate the nearest Center, visit FFSC on the Web at www.persnet.navy.mil/pers66. E-mail FFSC headquarters at mill_ffsp@navy.mil, or call The Center's 24-hour information and referral hotline at (800) FSC-LINE.

Healthwatch from page 2

•Know your risk factors.

When Should Someone Get Help?

•If you think it may be, it probably is. Find out.

•Do you find yourself dismissing "prices" of drinking such as blackouts, or guilt?

•Have others expressed concern about your drinking?

How to Get Help

•Go to the Flight Line Clinic for Substance Abuse Rehab Program (SARP) services (SARP services are clinical, not administrative). Call the Flight Line Clinic at 624-2825.

•BUMED and OPNAV cite that problems with alcohol are "preventable and treatable."

Do a search online the web and look for BAC (Blood Alcohol Content) and look for information regarding body weight and how different amounts of alcohol affects BAC level (includes with and without food and looks at effects on men and women).



SPORTS

Signonella softball team takes first in Naples

By JO1 Eric Deatherage

The Signonella Men's Softball Team won the Festa Americana Tournament in Naples over the 4th of July weekend.

Signonella's Brian Neal was named the tournament's Most Valuable Player. He was joined on the All-Tournament squad by teammates Ryan Jacobsen, Rob Clem, Jose Andrade and John Iwaniec.

The tournament pitted the best of Italy against each other, including Gaeta, Aviano and Vicenza. Aviano finished second while host Naples took third.



Overall Tournament Leaders

	AT	HITS	RUNS	HOME	AVG
	BATS			RUNS	
Jose Andrade	34	22	19	4	.647
Brian Neal	34	28	24	11	.824
Rob Clem	33	25	19	7	.758
Ryan Jacobsen	32	22	15	4	.688
John Iwaniec	23	15	12	4	.652

Championship Game Stats

	AT	HITS	RUNS	HOME	AVG
	BATS			RUNS	
Eric Deatherage	5	4	3		
Jose Andrade	6	4	3		
Brian Neal	6	4	2		
Rob Clem	6	5	3	1	
Ryan Jacobsen	6	4	3		
John Iwaniec	6	5	4	2	
Craig Miller	6	2	1	1	
Will Moulton	6	2	2		
Junior Lovett	6	4	2		
Chris Rapp	5	4	2	1	



Top: Signonella Men's softball player Will Moulton stands ready to hit the ball during play in Naples.

Top left: The NAS Signonella's Men's Softball team recently won the Festa Americana tournament in Naples. Pictured are Ozzie Melendez, Steve Leonard, Mel Hall, Chris Rapp, Junior Lovett, Will Moulton, Craig Miller, John Iwaniec, Ryan Jacobsen, Rob Clem, Brian Neal, Jose Andrade and Eric Deatherage.

The Lane

Free Walleyball clinic

Learn to play this off-the-wall, fast paced game in time for the tournament. Work on strategies to help you win or just have a great time. Clinic is from Aug. 2 through Aug. 5 at the NAS II Gym from 5 p.m. to 6:30 p.m. Call 624-3785 for more information.

Trinacria Challenge 3-club golf tournament

Take the challenge. Pick your lucky three and stay in the fairways. There is a meeting on Aug. 12 at 4 p.m. at Jox Sports Bar. The action starts at 9 a.m. at the il Picciolo Golf Club on Aug. 14. Call 624-3785 for more information.

Captain's Cup swim meet

Swim the fastest to rack up points for your command. Swimmers will be treated to a barbecue. T-shirts and awards will be given away. There will be men's and women's events. The meet starts at 10 a.m. on Aug. 14 at the NAS II Pool. Call 624-4334 or 5335 for more information.

Tennis Clinic

Sharpen your skills with this free clinic Aug. 23 - 27 at the NAS II courts. Call 624-3785 for more information.



NAS I Child Development Center accredited by NAEYC



CDC caregiver Kim Coleridge plays in the sand with Donna Herzig and Joie Nunnally and other children.



CDC caregiver Wendy Starr sings "head, shoulders, knees and toes" with Sabrina Foster, Ryan Ellegood, Nicholas Johnson, Alanya Miranda, Madison Lyman and Genesis Taylor.

*By Cathy Austin,
Child Development Program Administrator*
Great news for Sigonella's youngest residents! Our Child Development Center (CDC) has successfully earned its re-accreditation through the National Association for the Education of Young Children (NAEYC).

NAEYC accreditation lets families in our community know that children in our program are getting the best care and early learning experiences. NAEYC created its accreditation program in 1985 to set professional standards for early childhood education, and to help families identify high-quality childcare and early education programs. Once achieved, accreditation is good for a five-year period.

The entire staff at the CDC were very involved throughout the accreditation process. They began by conducting an extensive self-study that determined how well the program met the NAEYC standards. Once the self-study was completed, improvements were made in the areas needed. A program description was submitted to NAEYC which presented a "snapshot" of Sigonella's CDC to the commission.

In February, a validation visit to the center was conducted by an independent professional validator. Following the validator's visit, the program description and validator's findings were presented to a national panel for the final accreditation decision. While the accreditation process examines all aspects of a program—including health and safety, teacher qualifications,



Tucker Curry, Ricky Serrano and Daniel Hipilito play with some marbles as their caregiver, Krysti Vega watches.

and administration—the focus is on the interactions between the staff and children, and the quality of the children's experiences.

NAS Sigonella is very fortunate to have such a dedicated team of early childhood professionals working with our young children. Each and every staff member that participated in the NAEYC Accreditation process should be proud to have achieved this important goal. It is a pleasure to work with such an outstanding group of individuals who put children first and work so hard to ensure their early childhood experiences are positive and rewarding!



Alexis Mosco and Kimberly Gonzalez read out in the sunshine with their caregiver Maggie Sullivan.

Trivia Answers

- 1) 10
- 2) Dactyloscopy
- 3) Delahanty
- 4) Coulrophobia
- 5) 'Citius, Altius, Fortius' or 'Swifter, Higher, Stronger'



Ponte Dirillo from page 1

Crocetta, mayor of Gela, "Yet we see them not as foreigners, but as our heroes for what they did."

Hoffpauir said these men made the ultimate sacrifice. "It's a sacrifice that does not have a time limit. A sacrifice for a principle, a sacrifice for freedom, a sacrifice for everything that we in America stand for."

Standing at the site of the

memorial, Hoffpauir wished "I could have been here when it happened, that's the only thing. Unfortunately I couldn't. Probably to share the experience and maybe to save a life...give my contribution. This was the supreme sacrifice and I hope we can all remember it."

Stuyvesant saw the importance of the memorial. "It brings to life history, to be able to come and stand on the

ground in the memorial where these men gave their lives and to see for myself first hand. It really puts meaning to the terms honor, courage and commitment when you think about what those men did here."

ETSN Justin Kline was honored to take part in the ceremony. "To be honest, I had never heard of the situation that took place here. Only being on board two weeks in Sicily, I'm just kind of amazed at all the history that this command and Sicily in general."

During the invocation of the ceremony, Lt. Cmdr. J. Carlos, NASSIG Chaplain, talked about the courage these 39 men had, and the courage those serving still have. "We ask you to continue instilling that same courage in American and coalition forces who at this moment are putting their lives on the line on foreign soil so that people may be free."



ETSN Justin Kline Stands at attention during the ceremony in Ponte Dirillo.



One of three German "pill boxes" that can be seen above the site of the memorial in Ponte Dirillo.



Lt. j.g. Danny Smith, OIC NAVRADTRANSFAC Niscemi, stands by as Prefect Dr. Paolo Guglielmo, acting mayor of Niscemi, speaks to the crowd.



Club from page 1

Testing Service (CATS), which will be housed at the Base Education and Training Department at NAS Sigonella. The testing facility will not only be used for certification of people for their private pilot's license, but the complete FAA test facility will offer other testing for other areas such as the A&P certification in coordination with Embry Riddle



AD3 Mauricio Sierra works on the engine of the Cessna 172 airplane.

University. This will help Sailors get equal civilian qualifications for their jobs.

The plane will help out those who normally work on military aircraft, and those who just want to get behind the flight stick. "[It will] allow them the chance to get the experience under general aviation aircraft, which is much different than military aircraft," Childers said. "It's going to make them a more rounded mechanic. Also being able to have people at least start logging their flight hours to progress towards their private pilots license. Hopefully through time we'll acquire more advanced aircraft and offer a multi-engine rating and instrument ratings. But you have to walk before you run and the first thing is getting an aircraft that people can actually fly in."

The club is already seeing interest by those wishing to touch the sky. "I think it's a wonderful opportunity for a lot of people to get involved with some activities around the base," said John Cobbs, a contractor at NAS Sigonella. "A lot of people seem interested in it."

"I think it's going to bring a lot of progress," said AD3 Mauricio Sierra. "I think a lot of people who are interested in aviation are going to have a [great] opportunity."

Childers said flying isn't tough, just more involved, but definitely worth the time. "It's like learning to do anything else like riding a horse or driving. It just takes a little bit more time, a little bit more rules and regulations. There's nothing like taking off and landing an aircraft by yourself. Talking about a feeling of freedom, there is nothing better. It's not like driving a car in Sicily. There's nobody up there."

Childers obtained his pilot's license in three and a half months, so one could get their license in the span of a tour. "You have got to have a minimum of 40 hours of flying for our type of flying club," Childers



AM1 John Childers looks at an engine manual while AD3 Mauricio Sierra, AM3 John Peace, AM3 Ariel Maimone and John Cobbs work with the engine of a Cessna 172 airplane.

said.

"One of the things that I hope the flying club expands to is having aircraft available for experienced pilots to be able to rent and take away for a weekend," Childers added. "They can fly to Rome or fly to Malta. That's the way a lot of flying clubs around the country work."

Childers is currently working out all the details for the club, such as getting approval from the Italian 41st Stormo and NAS Sigonella. "It's a Navy-owned aircraft,

and that's the one reason why the Italian military is going to allow this to take place," said Childers.

Those interested in the club can find out more at an upcoming meeting, which will occur in the near future.

"We're going to have a meeting within the next 30 days...an open meeting for the Sigonella population. We'll put out exactly where [the club is] at."

For more information call AM1 John Childers at 348-000-9663.





The Signature

Anyone interested in sending ads via email should leave a phone number and point of contact name at sgisignature@yahoo.com.

Ads run for two weeks and are run on a space available basis and must be sponsored by active duty military members, family members or Italian National/ American base employees.

Ads must be 40 words or less. **The Signature no longer accepts ads that bring profit to a business or individual, such as maid, babysitting services or home rentals. If someone would like these types of services in The Signature they can call Jerry Boritzki @ 095-307-412 to pay for an advertisement.**

Paid Ads

1999 Ford Galaxy 2.0 TD with AC, 7 seats, asking price is \$9,000.00. Call 349-8846982.

1990 Plymouth Laser. Runs great. \$1,250.00 Call: 095-307412.

Want to take a vacation, but you have no place to leave your pet? Book your Pet-Sitter today. Call 347-791-1051.

New York Manhattan rent apartment. Maumilliam2@yahoo.it

Plants for sale: Various sized native succulents aloes and jades in Motta, also one 8ft cactus. Please call 338-2735683.

Ever wonder what Ocean Mist smells like in your home? To find out how to get **FREE** candles and accessories, call Michelle 095-7277192.

Automotive

1992 Renault Clio metallic gray, 5 door, radio, great condition, recently passed inspection. Asking \$2000.00 O.B.O. Call 347-5517975.

2001 Silver Dodge Neon. 4-cylinder fuel injected eng., automatic transmission, A/C, cassette player. Only 31,000 miles! New brakes and tires, great on gas, excellent condition! Must sell, PCSing! \$8,000 O.B.O. 624-1274.

1990 Audi 80S, black, sunroof, power windows and locks, new tires and battery. 122,000 km. Asking \$1300. Call Matt 349-7280560.

1954 Citroen Traction Avant. Vintage collectors car. Restored to immaculate working condition. Burgundy red and black in color. 1.9 liter engine. Interior restored. Photos available. 1600.00 euro. Call Alfio at 624-6894.

1997 Fiat Brava. RARE Automatic and AC. Great compact Family car, easily seats five. Low 53,000 miles. Asking \$4500. Can't ship to Okinawa. Call Rocco (W) x4861/4205, (H) x1474.

1995 Opel Corsa, 85,000 km (original), power locks and windows, recent tune-up, a few Signella bumps, overall in excellent condition interior. \$2,300. Call Dave at 624-6673 (WK) 624-3678(HM).

1989 Audi Quattro 100. Automatic, V8, blue color, power sunroof, power windows, power door locks. 4 Door sedan. Leather seats. All wheel drive. Blue Book value over \$5000.00. Asking \$3800.00. Call Mary Jane at 335-830-4469 or 095-727-4596.

1990 Audi 80 1800i cc. power locks, power windows, power steering, sunroof, FM cassette stereo, electronic alarm, new tires, new muffler, recently tuned up, passed safety inspection. Price Euro 1800.00 Call Sara at 624-6893 (work) 095-779366 (home) 347-7529584 (cell).

1980 BMW 520. Gold, 4 door. Rebuilt motor 2003. Lots of new parts. Drove Mino to NAS II daily. Runs good. CD player x 4 speakers included. Just passed safety inspection, ready to sell. \$1800.00 OBO. Call Ray or Paula at x0296. Please leave message, will return your call ASAP.

1994 Oldsmobile Cutlass Supreme 4 dr. Automatic with A/C, PW, PB, PS, PL, Cruise. Excellent car. \$2500 O.B.O. Must Sell. Call 335-642-8296 or 624-0385.

1995 Chevy Beretta, only 67,000 miles, automatic transmission, working AC, and AM/FM radio. Some dents and dings. Asking \$2,000 OBO Call Jason At 333-2154607.

1994 Alfa Romeo 155 81,000 km, black, A/C, alloy wheels, rear spoiler, alarm system, fantastic ride. Looks awesome! Asking \$300.00 euros. Call 340-600-3960.

1993 Dodge Shadow AKA "The Blue Beast." Automatic transmission, available July 23. Loads of character! Call for price 335-8400-594.

1993 White Alfa Romeo 155 T Spark 1.8 very reliable, great Sig car, 151,000 km, cover plates, no a/c or radio. Asking \$1500.00 call 340-6611624.

1987 Volkswagen Golf. 5 speed, 4 door, runs great. \$1800 or BEST OFFER. Will be PCSing soon and needs to sell. Please call Ralph at 340-7165906.

1996 Saturn 4 door sedan. A/C, power windows/locks. New Tires. Recent tuneup. \$3,500. Call 624-1464 / 335-578-8084.

1993 Alfa Romeo 155 T Spark 1.8 151,000 KM, cover plates, great Sig car, reliable, no A/C or radio. Asking \$1,500.00. Can be viewed on NAS II Flight Line Clinic parking lot until July 20. Call 340-661-1624.

1996 Volkswagen Golf GTI for immediate sale, transferring on short notice! 5 speed 2.0 liter engine draws 300 gas liters per month VERY RELIABLE! Color black, AC, power windows, power steering, flip face Kenwood CD player! Minor bumps and bruises (like any car in Sicily) Asking \$3,000 negotiable. For test drive please call Nerissa at X5716 Call 338-898-6777.

2000 LANCIA Y 1100cc (ELEFANTINO BLU) great engine, metallic grey, alarm and anti-theft system, power windows, stereo/cd player, airbag, 114,000km, asking 3500 euros. Call Marco at 338-8907210 or Daniele at 339-4008856.

1994 Renault Twingo, excellent running car and the following home entertainment items: 20" Hiachi TV, Full multi-system, Samsung DVD player, JVC VCR, Panasonic portable stereo, all items dual voltage. Entire package of car and all home entertainment for only \$2,000!!!! Call Jerry Norton (W) 624-6579 (H) 624-7088.

2002 Ford Taurus Station Wagon (Charcoal Gray Metallic) with only 14,000 miles. 24-valve Duratec engine, alloy wheels with all disc brakes, ABS, traction control, front & side airbags, cruise control, A/C, premium CD Audio, anti-theft, exterior lighting, and 3rd row rear facing bench seat. Serious inquires call x2821 or 1207.

1993 Nissan Sentra, 2 door, 5 speed, A/C, cruise control, stereo with tape deck, new CV joints, alternate front disk rotors and pads and rear hubs. Recently passed safety inspection. Runs good. Good for touring island. Asking \$1200 OBO. Must sell soon. Call 624-6454 (day) or 624-0329 after 5pm or 348-445-4798 (cell). Ask for ASI Scott.

Fiat Camper Van. Has: diesel engine, natural wood interior, galley, hot water shower, head, furnace, sleeps 4, \$2000.00 OBO. Can be seen on NAS in front of school. Contact Chief Nash at the DoDDS school. 624-4285.

1989 Fiat Duna, just passed inspection, power windows, 4 door, great secondary car must sell leaving island. Call 624-7171 after 5pm. \$750.

1972 Fiat 500, engine and body in great shape, must sell leaving island \$1500. Call 624-7171 after 5pm.

1968 Autobianchi 500 Giardinetta. Beautifully preserved, totally original vintage 500 Bi-velvetie Stationwagon! Suicide doors and convertible top. Runs and drives great! Must see to believe condition for this rare example of an unusual and fun car, asking \$3,000.00 O.B.O., for pic's see www.sigstrades.com. Ask for Aldo at x4599 or 338-4896796.

1997 Opel Vectra in excellent shape, air conditioning, 1.6 Lr 16V, metallic green color, selling price EURO 5,000.00. Please call ext. 4848 or 4475.

1990 Alfa Romeo 33, red, 5 speed, 4 door. Excellent condition. Power windows and locks. New brakes and belts. Tires a year old. Very dependable! \$1700 O.B.O. Call Jennifer 624-3553/095-56-3553.

1991 BMW 318is, black, 5 speed, power windows, CD player, sun roof, interior is in good condition, and runs great! AFI plated and passed inspection. Available last week in July. Asking \$2,500 OBO. Call Dante @ x0566 or 340-5963667.

1995 Lancia K 2000cc metallic blue, full option, must see, asking price \$2750.00. Call me on my cell 338-2185499.

1996 Fiat Panda, white, 2 door, 1000cc engine, only 77,000 Km, in excellent condition. Asking price euro 2350.00. Call 347-7585654 or 624-4041, ask for Joe.

1989 RENAULT 19 light blue, four door, power windows and locks, alarm and AM/FM radio. No A/C. Asking \$400.00 O.B.O. (price negotiable). For more info contact Sergio at 624-5037 or 338-850-3564.

1983 Mercedes Benz 230. Not very good looking but runs great. 55 liters to fill up. PCSing in July, available on July 20th. \$800.00. Call Tina at 624-3574 or 624-5122.

1989 Audi 80, metallic grey, great engine and body, radio, power locks, power windows, power steering. Asking Euro 1800 negotiable. For info call Dante at 624-6041 or 347-7252937.

1993 Volvo 240, white, automatic, 4 door, power window, power steering, very cold A/C, with remote starter. US spec. Asking price is \$3700. Please call Dan 335-578-8109, Nova X4631 or home X0207.

1999 Red Ford F-150 side-slip reg cab. A/T, A/C, CD player, sliding rear window, step bars, split bench, bedliner. Solid dependable truck. Well maintained. Asking \$10,500. Call 340-1827197.

1988 BMW, white, cover plated, very fast, dependable euro spec car. Wife is pregnant and it's time to upgrade. Asking \$2500 euro O.B.O. Call (Dunay) 340-1827197 or (Jamie) 340-4659498.

1997 Nissan Sentra GXE, 4 door sedan. Automatic, great air conditioning, 100,000 miles, PS, PL, PW, cruise control, radio/cassette. Very reliable primary or secondary vehicle. Available July 26, sooner if necessary. \$3400 OBO. Call 095-520-760 or 335-830-2371.

1999 Suzuki SV 650S, 34,500 km European Spec. 3700 Euro Lots of extras installed. "Arrow" carbon exhaust, "Dynosjet" carb kit, "White Power" racing suspension, Suzuki racing grips, furring, and turn signals. Comes with AXO jacket and 1 Shoe helmet. Original carb kit, exhaust, and suspension included. Contact Daniele @ 624-6025.

2000 Acura Integra LS, excellent condition, 2dr, automatic, A/C,



Send Il Mercato advertisements to sigosignature@yahoo.com

power steering, windows & door locks, tilt wheel, cruise control, moon roof, alloy wheels, AM/FM/CD player, dual front air bags, ABS (4 wheel) w/33000 miles. Asking \$11,200 O.B.O. call 624-1230.

2002 Volvo V70, 20,000 mi. 5 speed standard, AC, stereo w/CD & cassette, metallic royal blue, tinted windows, 5 seats all w/ shoulder belts, 2 seats convert to booster seats, excellent condition, dealer maintained, have records. Call 095-86-1477.

2002 Peugeot 206, 45,000 km. 5 speed standard, AC, stereo w/ cassette, metallic royal blue, tinted windows, 5 seats all w/ shoulder belts, excellent condition, dealer maintained, have records. Call 095-86-1477.

1966 Porsche 912 for sale. Not demotionalized yet. \$4000 OBO. Contact AEI Morse at 624-5964, 095-89-0932 or 340-2777245 for more information.

1972 Mini Minor, 1000 cc motor, good condition, all original. Asking 2,300 euro.

1987 Volvo 740, 4-door sedan. Asking \$1500.00. Call 333-841-5817.

1994 Geo Metro, 4-door with hatch. Asking \$1500.00. Call 333-841-5817.

1994 Saab 9000 CSE, 2.0 turbo, loaded, AM/FM/Cassette/12 disc CD, Great shape. \$5000.00. Call 335-830-3724.

Pets

Peppy, loving male brindle is looking for a nice owner. He is great with kids and loves to jog. He comes with a kennel that he sleeps in at night. Chipped and neutered. Call or e-mail for a picture. sicilyupperware@yahoo.com or 095-86-1343.

Free to good home. 8 month old English Setter. Housebroken. Crate and supplies included. Call 624-1464.

7 month black lab boxer mix free to loving home. Friendly and playful and very sweet, she does not get as much attention as she deserves due to work schedule. She has been chipped and had her shots. Comes with large kennel. Please call Jamie or Danny if you would like to give her a loving home. 340-465-9498

Found small dog with fluffy ears outside of Marinai Housing. Approximately 2 years old, loyal, loving, obedient, housebroken, unusually neat and loyal dog. No chip or records at vet. Recommend no cats. Call Mike or Susan: 340-892-5347/095-306-018.

FREE to a good home! One and a half year old female Sicilian tabby cat. She is declawed, spayed, and has shots up to date. Very loving, talkative (meows and purrs a lot) and playful, tolerates children, and is litter box trained. Please Call Nerissa at 338-898-6777 or 624-5716.

Free to good home: One 8 month old mixed Sicilian puppy and one 2 year old German shepherd mixed dog. Both are house trained and vaccinations are current. Moving and don't have room to take with us. Two love able dogs, great with children. Contact Kevin @ 335-642-8240.

Found in Motta a lovable, cute healthy puppy approximately 10 weeks old, she needs a loving home. Friendly personality, perfect house dog

or watch dog. Call for information at 333-322-9013.

For Sale

JVC multi-system VCR. \$0.00. Weber charcoal grill 3000 w/match light, RCA surround sound black-8 speakers and wires w/ remote 125.00. Yamaha keyboard \$0.00 almost new. Call Crey @ 624-1264.

AFN decoder with satellite dish, remote control and cable. Asking \$400.00 available now. Call Russ at ext. 5439 OR 0176.

Children's animal/jungle birthday party favors and supplies including bubbles, erasers, masks, tablecloths, a lamp, a rug, and much more. Accommodates 24 children w/extra. Valued over \$90.00 wanting \$70.00. Call Lawanda \$0266.

For sale: Sofa sleeper (queen size) \$320 OBO. Sony Vaio PCV-W1 \$1700. 2 rocking chairs w/ottoman (\$75/\$200). Call 624-3537.

Aliva CD receiver. Asking \$500.00. Call Nick @ 095-309502 or 333-8451151 or 335-5979669.

PCS SALE: Michael Thurmond's Making Over America 6wk Body makeover. NIB \$135. 200 shape lights. NIB 110v 2 gm and 2 blu \$5 ea \$15 all. Small space heater, 110v-55. Much more available. For more info call Cherie at 339-6291933. All prices negotiable, must get rid of by July 13th.

Mikasa "Parisian Scenes" China 8 place settings, creamer, sugar bowl and mixing bowl \$50. Fisher Price 1st Response baby swing \$15. Cathy Heck crib mobile and musical wall hangings \$10. Foam puzzle playmats, 4 sets of 10 12 in. squares, \$5 ea. set or \$15 for all. Plastic balls for child's ball pit approx. 200 \$5. If interested please call X0337.

5-Drawer Oak Chest and 2-drawer bedside table. \$20. 3-drawer dark brown chest and vanity with mirror \$20. Twin mattress, boxspring, and frame- \$50. Blue bar stool-free. Please call 095-308624 if interested.

Six piece rug set, \$180 OBO and large Italian entertainment center (1 year old) \$200 OBO. Retails for 300 Euro. Call or e-mail for pictures at sicilyupperware@yahoo.com or 095-86-1343.

For sale: Bassett from Burlington Skeigh Crib and 5-drawer high chest, cherry wood, Excellent condition, \$300. Klipsch subwoofer KSW-12, 220V only, like new, \$150. Prices negotiable. Please call 624-0338.

Queen size mattress and box spring, \$75. Call 624-1464.

Free: Dining room table set, glass table top w/black lacquer, 4 black lacquer and brass chairs, very good condition. Please call 624-0538.

For sale: black and gray couch and loveseat. In good condition, asking \$300.00. Call Cindy at 339-385-5994.

Portacrib/changing table/Bassinest travel combo, \$75.00, Baby Walker, \$15.00. Call Melissa X3611.

Tungsten T PDA in wonderful shape. Works perfect. Just not using as much as I thought. 16M memory card included. Software, hot sync cradle, leather case, expandable Palm keyboard included. All for \$265.00obo. Call Ray at x0296 or 348-7468379 for more details.

2500w transformer \$45. 1000w transformer \$30. 1 small, 1 large, heater 220v \$20 for both, 2 Stand up fans 220v \$20 for both, 1 Samsung cell

phone w/ charger \$50. 1 Motorola (tri band) cell phone w/ charger \$40. Child's booster/car seat in excellent condition \$40. If interested please call 624-0100.

Low Carbets: (2) 25.4 oz. bottles of Atkins Sugar Free Lemon Tea Concentrate. Exp 1/13/05. New and unopened with safety seals intact. \$6.00 each. 624-0388.

Hoover Floor Mate hard floor wet/dry vacuum scrubber/cleaner \$100; 1000 watt transformer \$40; AFN Decoder \$400. Call Jerry at x0249 or 334-309-8121.

Wall unit, 2yrs old, Maple color, holds 38-40 inch TV. CD racks, lights, and glass doors. From Rooms-To-Go. Must see. Moving Soon. \$600. Call Rick @ 624-1248.

SoloFlex Machines for sale. You get two SoloFlex machines for the price of one. A SoloFlex Muscle Machine and a SoloFlex Rockit Aerobic Machine with all accompanying hardware and elastic weight bands for \$500.00 total. Please call x2821 or x1207.

Motorola Timeport w/extra battery and 2nd charger to charge phone & extra battery simultaneously; Italian language CD set; Italian language Cassette sets; Italian kids videos. Call 624-1477.

PCS moving sale: AFN decoder, \$400.00; Bass guitar amp, \$30.00; 1000 amp transformer, \$40.00; 500 amp transformer, \$30.00; portable transformer, \$10.00; 220v toaster, \$50.00; BBQ grill smoker, \$15.00. All items in excellent condition! Call 333-841-5817.

Nokia 3310 cell phone with all the attachments \$100.00; Ericson T-20 cell phone, \$100.00. Queen sized bedroom set, dresser/hutch, high chest, nightstand \$400.00. Call 335-830-3724.

For sale, a rare Lebron James SI for kid card graded 9.5 by BGS \$1,500. Every Barry Bonds RC's all graded 9 to 10 pristine, ranging from \$50 to \$225 and lots more! If you are interested, e-mail Jason at: bethanybear1@yahoo.com.

Glass dining set with lamp, table, cabinet and 4 chairs. Like new, asking \$450.00. Call Joe at x5290 or after 5:00pm call 095-7275387.

Iron and glass table with chairs and matching baker's rack that has a wood top, \$275 O.B.O. Cockpit style desk, \$50 O.B.O. Black entertainment center, \$50.00 O.B.O. Call 624-1230.

For sale: Living room couch/pull out queen bed with slip cover, \$100; picnic table with bench, chair and umbrella, cedar wood, \$75, men's 26 inch Huffy mountain bike, \$25. Call 624-1245.

AFN satellite receiver with remote, \$350. Call Steve at 335-569-8008 or 624-5156.

Wanted

Dorm sized refrigerator in good working condition wanted. Call LT Husband at 624-2358 or AMC Nolf at 624-2745.

Looking for someone to give guitar lessons to 8 year old son. Call 338-1273052.

Need babysitter in Marinai or 205 Housing area Monday-Friday for 4 weeks for approximately 3 hours in the morning. Teenagers are ideal. contact 338-1273052.

Packing paper and moving boxes. If you are PCSing IN and need help removing boxes, I will pick up for my DITY move. Please call April or John at x2532 or cell 335-128-1525.

Housekeeper/nanny to clean once a week. In about six months to become a full-time nanny. Please call Jamie for Interview 340-465-9498.

Yard Sale

2-Family Yard Sale: Saturday, July 17th from 7:30 a.m. until everything's gone! Large variety of items. 1089B/C Hull St. in Mineo Housing.

Yard Sale: Block Yard Sale, Saturday, July 17th in Marinai Housing on Verona Street. From 7a.m. until ? Lots of items. Clothing, shoes, housewares, books, toys, baby items, etc. Lots of families to choose from.

Yard sale Saturday, July 24th from 8:00 a.m. until it's too hot to stay outside. We have just about everything from furniture to baby items to clothes and more! The list is just too long to include. Located at 2146-C Marinai housing, in the back by the housing office. See you there.

Lost and Found

Lost a Navy Chiefs ring and a mans diamond channel wedding band in Marinai housing. Chiefs ring has a blue stone and on the inside it has MLS and last four of social. If found please contact Mike @ ext 1444. Reward for anyone who finds them.

HIRO Ads

Mobile Equipment Operator (FLO) UC-5703-06, Supply Department, Defense Distribution Depot, Sigonella. Announcement LN0004-030782. Closing 19 July 2004.

Dental Hygienist, UA-0682-05/0403, U.S. Naval Dental Center Europe, Branch Dental Clinic Sigonella. Announcement number LN0004-031300. Open Until Filled.

Recreation Aid, GS-0189-03, MWR Department, Recreation Services Division, Youth Activities Branch, various location, Sigonella. Announcement number SIG03-RECAID. Open Continuous.

Education AID/Technician, GS-1702-03/04, MWR Department, Child Development Center. Announcement number SIG03-EDTECH. Open Continuous.

Recreation Specialist, GS-0188-05/07, MWR Department, Recreation Division, Sports & Athletics Branch, Sigonella. Announcement number SIG04-027301(R). Closing 20 July 2004.

Protocol Officer, GS-0301-09, Office of the Commanding Officer, Protocol Office, Sigonella. Announcement SIG04-029103(R). Open Until Filled.

Financial Analyst, GS-0501-0709, Commander, Navy Region Europe, Comptroller, Accounting Division, Sigonella. Announcement number SIG04-030267. Closing 21 July 2004.

Theater Manager, GS-1101-06/07, MWR Department, Recreation Division, Theater, Sigonella. Announcement SIG04-031349. Closing 16 July 2004.

